

NĀTIFS



**FOOD IS
MEDICINE**



YARROW

Latin: *Achillea millefolium*

Dakota: Thaopi Pežuta

Ojibwe: Aajidamooazow

Yarrow is an amazing perennial, medicinal plant with white flowers and fern-like leaves. The leaves and flowers are dried and powdered to make a powerful styptic that effectively stops bleeding and prevents infection. A tea made from the leaves helps to heal irritated airways, particularly those affected by cold and flu.

Yarrow has an aroma reminiscent of cedar and mint. The flowers are delicious when sprinkled on salads, and the leaves, when dried and powdered, are a nice addition to sauces, stuffings, and gravies.





SMOOTH SUMAC

Latin: *Rhus glabra*

Dakota: Čhaŋzi

Ojibwe: Opwagunatig



Smooth sumac is a tall shrub with showy “horn-like” clusters of tiny fruit. The malic acid that covers the fruits is a beneficial alpha-hydroxy acid that is useful in salves and creams to treat skin issues. The fruit is also used as a tea to boost the immune system and to break up kidney and gallstones.

The malic acid on the fruits gives off a delicious, sour flavor similar to citrus. The powdered fruits are excellent in lemonade, sauces, spice rubs, and as a topping on popcorn!

BEE BALM



Latin: *Monarda fistulosa*

Dakota: Wahǰe Waštemna

Ojibwe: Wezaawaaskwaneg

Wild bergamot, or bee balm, is a perennial member of the mint family with beautiful pinkish-purple flowers. The entire plant is antimicrobial and makes an excellent poultice that is useful in treating skin or wound infections. A tea made from the leaves and flowers is used to treat strep throat and infections of the gums.

Wild bergamot has a flavor that is similar to oregano and is used as an oregano substitute in all kinds of cooking. The fresh leaves and flowers can be added to all sorts of salads, and the dried leaves are added to soups, stews, and tomato sauces.





ANISE HYSSOP

Latin: *Agastache foeniculum*

Dakota: wahpe yatapi

Ojibwe: wiizawanackwak

Anise hyssop is a showy member of the mint family with shiny green leaves and purple spikes of flowers. The entire plant has a strong anise-like aroma. A tea made from the leaves is used to strengthen the lungs, reduce fevers, and calm the stomach. Anise hyssop is also a good digestive aid. The whole plant is often used as a sort of perfume.

Anise hyssop has a flavor reminiscent of a black jellybean, only better! The leaves are traditionally chewed to freshen breath, but they make an equally delicious tea. The leaves can also be infused into agave or maple for a fantastic syrup that is mind-blowingly tasty on ice cream!



PURSLANE

Latin: *Portulaca oleracea*

Dakota: Wahp̄e Šoka

Ojibwe: Gipagaaibag

Purslane is a low-growing annual with succulent leaves and tiny yellow flowers. The leaves are an excellent source of Omega-3 fatty acids, which is unusual for a plant. Purslane is also full of anti-cancer polysaccharides. The whole plant is anti-spasmodic and may be juiced for use as a cough medicine.

While purslane is quickly becoming a mainstream vegetable, Indigenous people have been enjoying this green for millenia. Our relatives to the south call this plant “verdolagas,” and eat it regularly both raw and cooked in soups, stews, and in tacos!





CRANBERRY

Latin: *Vaccinium macrocarpon*

Dakota: Wiyatheča

Ojibwe: Aniibimin

Cranberry is a small, native shrub with shiny green leaves and red fruits. An infusion of the leaves and fruits is well known as a remedy for stubborn urinary tract infections. Since they're packed with Vitamin C, they are also made into a tea that is excellent for boosting the immune system.

Yes, these are the very same cranberries you grew up with! They're a burst of bright, tart flavor when added to all kinds of sauces and desserts.



MAIZE

Latin: *Zea mays*

Dakota: Wamnaheza

Ojibwe: Mandaamin

Maize, or corn, is a tall, annual grass with large cobs of multi-colored grain. While most people don't think of maize as being medicinal, Native varieties of corn have numerous health properties including the ability to reduce swelling and heal wounds. Corn silk is used all over the world to reduce fevers, clear out excess fluid, and improve liver, kidney, and gall bladder function. An infusion of the leaves is used to reduce pain caused by bladder infections.

Maize hardly needs a culinary introduction, but most are only familiar with ultra-sweet hybrid varieties, which are often full of sugar and devoid of nutrition. Native varieties of corn may be less sweet, but they are packed with flavor and make the best tortillas, hominy, and are delicious in soups and stews.

SUNCHOKE



Latin: *Helianthus tuberosus*

Dakota: Phangĩ

Ojibwe: Ashkibwaa

Sunchoke is a Native sunflower with tuberous roots. While they're most well known for causing some digestive wind, when they are well-cooked, this effect is non-existent or minimal. Rather, the tubers are excellent for improving pancreas health and regulating the release of insulin. Eating the tubers is also said to improve fertility.

Sunchokes are a delicious, starchy root vegetable with the texture of a water chestnut and the flavor of an artichoke. They can be prepared in the same ways that you might prepare potatoes: boiled, baked, fried, mashed, etc.





CURLY DOCK

Latin: *Rumex crispus*

Dakota: Wahp̄e Skuya

Ojibwe: Ginoozhawashk (Biiminibag)

Curly dock, also known as yellow dock, is a perennial herbaceous plant that turns a bright, rusty red color in the fall. An infusion of the leaves and root is used to treat skin conditions such as eczema and psoriasis. The whole plant is high in vitamin C, so it's also excellent for boosting the immune system. The whole plant is also great for digestion, including in the treatment of the gajos (loose bowels). An infusion of the whole plant is amazing for liver health.

Dock is sometimes known as sorrel because of its bright, lemony flavor. Add dock leaves to your favorite quiche, salad, or chimichurri. The refried, red seeds can be ground into flour and made into delicious, nutty, and crispy crackers.

SWEET POTATO



Latin: *Ipomoea batatas*

Dakota: Bdoskuya

Ojibwe: Wishkobiziojiibik

Sweet potatoes are a herbaceous perennial in the morning glory family. The leaves are rich in iron and help to build blood and prevent anemia. Sweet potatoes are a powerhouse of medicinal properties, including being high in antioxidants, cardioprotective, anti-inflammatory, and anti-cancer. They are also healing for the pancreas and kidneys, and are used in the prevention of diabetes. The entire plant is a rich source of Vitamin A.



Whether you're making fire roasted sweet potatoes or sweet potato pie, you'll be receiving the amazing medicinal benefits of this delicious, starchy vegetable. Try cubed sweet potato roasted with brussels sprouts and pecan halves - toss the whole thing with some maple syrup, olive oil, and salt and pepper before roasting in the oven.





TOMATILLOS

Latin: *Physalis philadelphica*

Dakota: Uŋžinžinŋtka Tho

Ojibwe: Ozhaawashkogin

Tomatillos are a small, green, tomato-like fruit that comes wrapped in a papery husk. The fruit is high in Vitamin C and fiber. Tomatillos are known to lower blood pressure and are deliciously hydrating.

Use tomatillos in your favorite salsa, or bread them and fry until crispy.



WILD RICE

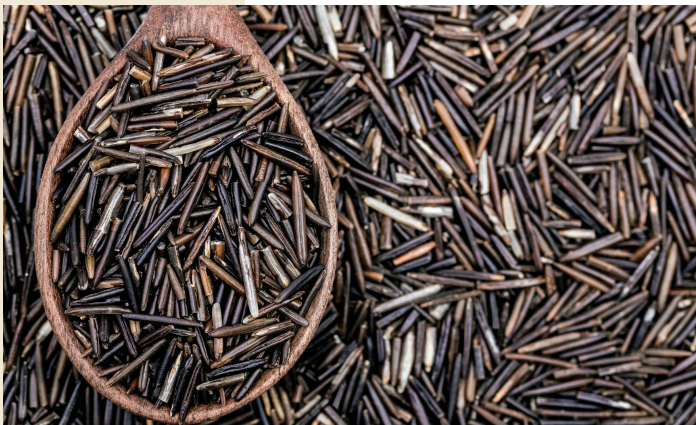


Latin: *Zizania palustris*

Dakota: Psin

Ojibwe: Manoomin

Wild rice is an aquatic grass that grows plentifully in healthy waters on Dakota Makoce. While most of us think of wild rice as food, it is powerfully healing for the heart and overall cardiovascular health. Eating wild rice is great for gut health, and is the perfect starch for anyone concerned about blood sugar. Wild rice is surprisingly high in protein, which is perfect for plant-based diets.



Wild rice is the perfect main course or accompaniment to any meal. Try wild rice in place of white rice ... even in your fried rice! Wild rice is perfect for a hot or cold breakfast with berries, oat milk, and a drizzle of maple syrup. You can even make wild rice milk by cooking and blending, and adding a dash of vanilla - this milk is perfect in lattes! Finally, try puffing wild rice by adding it to a super hot cast iron pan (no oil needed) and using your puffed rice as a topping for salads, soups, and baked dishes.



PURPLE CONEFLOWER

Latin: *Echinacea angustifolia*

Dakota: lčhahpəhu

Ojibwe: Miinaandewaabigwan

Echinacea, commonly called purple coneflower, is a perennial member of the sunflower family, and its pinkish-purple flowers are a common site on summer prairies. The root is a powerful numbing medicine, soothing sore throats and toothaches. A tea made from the root is used to boost the immune system. Echinacea is anti-cancer and has been found to shrink tumors. The entire plant is burned to treat headaches and congested sinuses.

Try infusing your favorite vinegar with echinacea root, and then adding the infused vinegar to salad dressings and pickles. Echinacea petals, whether fresh or dried, are a beautiful and immune-boosting addition to any dish.



STINGING NETTLE



Latin: *Urtica dioica*

Dakota: Čanjičhahpěhu

Ojibwe: Mazaan

Stinging nettles are herbaceous perennials with bright green leaves and tiny, stinging hairs all along the stems and petioles. The entire plant is utilized externally as a powerful anti-inflammatory, helping to alleviate the pain of arthritis, joint pain, and pinched nerves. An infusion of the whole plant is used as a hair wash to regrow hair and improve scalp health. A tea made from the leaves is an excellent anti-inflammatory as well, alleviating everything from asthma and allergies to arthritis and depression.

Why would you want to eat a plant that can sting you? With any cooking, the stinging effect is eliminated and only the beautiful flavor and medicinal properties remain. Nettles have a flavor similar to spinach and may be used in the same ways. Try young nettle leaves in pesto and pasta sauces, on roasted potatoes, in a quiche, or in soups and stews.





WILD GARLIC

Latin: *Allium canadense*

Dakota: Pšhiŋkčeka

Ojibwe: Zhigaagominzh

Wild garlic is a common and fragrant perennial bulb-bearing plant with a strong garlicky aroma and flavor. Although most people think of garlic as a culinary herb, it is powerfully medicinal. An infusion of garlic helps to lower blood pressure, strengthen the lungs, and treat fatty liver disease. Add garlic to any dish to boost the immune system and improve digestion and gut health.

Garlic hardly needs an introduction, you can add it to soups, stews, sauces, stir-fries, and even infuse it into honey for the perfect crispy chicken wing marinade.



NODDING ONION

Latin: *Allium cernuum*

Dakota: Pšhiŋ

Ojibwe: Zhigaagawanzh

The nodding onion is a perennial, bulb-producing onion with a beautiful pink flower that is often bent at the stem, giving a “nodding” effect. Like all onions, it is mostly known as a culinary herb, but it is also strongly medicinal. All onions help to clear out lung congestion, reduce blood pressure, stabilize blood sugar, and improve overall gut health.

Onions are delicious in everything from tarts and sauces to soups and stews. They exemplify “food as medicine.” Try infusing onion into raw honey over very low heat for three to four hours. The resulting jam is delicious on a charcuterie board or in barbeque sauces.



HUCKLEBERRY



Latin: *Vaccinium membranaceum*

Dakota: Haza

Ojibwe: Hiinaandeminaan

Huckleberry is a low-growing shrub that is related to blueberries and cranberries. The delicious fruit are highly prized all over North America as both a food and medicine. The fruit is loaded with antioxidants and immune boosting Vitamin C. They are an important addition to any anti-viral remedy. A strong infusion of the leaves is said to improve vision and overall eye health.

Huckleberries are delicious raw, cooked, or dried. They are useful in both sweet and savory dishes. Try some dried huckleberries in a kamut, feta, and parsley salad topped with your favorite vinaigrette.





TEPARY BEAN

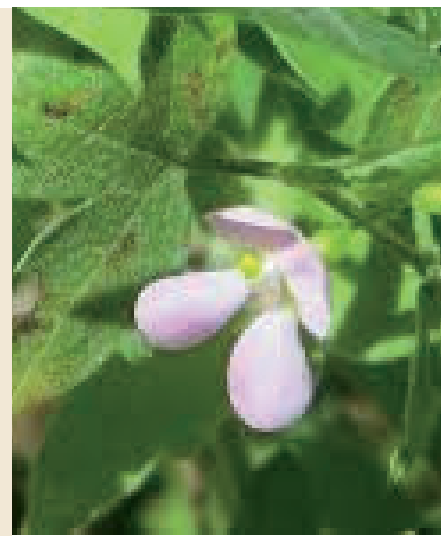
Latin: *Phaseolus acutifolius*

Dakota: Ominičha Čhik'ala

Ojibwe: Mashkodesimin

Tepary beans are a drought-resistant legume that has been cultivated in what is now the southwestern United States for millennia. These beans are incredibly high in protein and fiber, and are an excellent way to stabilize and lower blood sugar. This particular species of bean is also an excellent anti-inflammatory.

Tepary beans can be cooked like any other legume, but they take a bit longer to soften and retain a firm texture throughout the cooking process. Try them mashed as “refried beans,” or add them to your favorite soup or stew. Tepary bean hummus is also fantastic, and is perfect with crudités, but you’ll probably be eating it by the spoonful!



JUNIPER



Latin: *Juniperus virginiana*

Dakota: Hąŋte

Ojibwe: Gaagaagiwaandag

Juniper is a common evergreen shrub with small, bluish cones, which are commonly thought of as “berries.” Juniper leaves and berries are often infused into raw honey to make a fantastic cough medicine. Juniper tea is used as an anti-inflammatory, which is useful in treating rheumatism specifically. A tea made from the berries is also a great way to clear out lungs and sinuses, and as a mouthwash that will relieve canker sores.

Grind ripe juniper berries to use as a seasoning for any red meat. Juniper berry gravy is delicious over steak or roasted potatoes.





TOMATO

Latin: *Solanum lycopersicum*

Dakota: Unžinžintka

Ojibwe: Gichiogin

Tomatoes are a cultivated member of the Solanaceae family, and thus a relative of potatoes, chilies, and eggplants. The ripe fruits are full of lycopene and other nutrients that are fantastic for prostate health.





PINEAPPLEWEED

Latin: *Matricaria discoidea*

Dakota: Skuyamna

Ojibwe: Aakoshkadewanzh or Aapidingwaami Mashkiki

Pineappleweed is a low-growing annual herb with finely divided leaves and yellow inflorescences. This chamomile relative has a strong pineapple aroma and a tea made from the whole plant is relaxing and utilized as an effective sleep aid.

Try infusing pineappleweed into your favorite flan pudding recipe. The leaves are delicious as a herb in everything from tamales to chili.



CRABAPPLE

Latin: *Malus ioensis*

Dakota: Thaspaŋ

Ojibwe: Mishiimin

Crabapples are the only truly Native apple in North America. They are extremely high in pectin, which can help to lower bad cholesterol levels. Apple peels contain compounds that help in building muscle and improving metabolism. All apples contain quercetin and other anti-oxidants, which are effective in limiting the growth of tumors and lowering blood pressure.

Crabapples are often considered inedible because of their tart flavor and tough texture. Most people have never made crabapple sauces and juice, which are delicious and high in the medicinal compounds mentioned above.





DANDELION

Latin: *Taraxacum officinale*

Dakota: Wahčhazi

Ojibwe: Doodooshaaboojiibik

Dandelions are a herbaceous member of the sunflower family with yellow flowers and deeply toothy leaves. The entire plant is medicinal: The flower is uplifting and made in to a tea that is effective in treating Seasonal Affective Disorder. The stems are eaten to improve digestion and improve liver function. The leaves, when consumed, are known to reduce and stabilize blood sugars and to increase bile production in the liver. The roots are excellent for reducing blood sugars and improving overall pancreas health. The entire plant is made in to a salve that is effective against eczema.

The entire dandelion, from flower to root and everything in between, is edible. Try dandelion flower fritters by breading the fresh flowers in a little cornmeal and frying in oil. They are also delicious in breads and cookies. The leaves are pleasantly bitter and make a nice addition to salads, or sauteed with other greens. Dandelion stems make a fun pasta substitute when blanched for one minute before serving with your favorite sauce. Dandelion roots, when roasted, make a nice coffee substitute with note reminiscent of caramel and chocolate.

SUGAR MAPLE



Latin: *Acer saccharum*

Dakota: Čhaŋhasan

Ojibwe: Aninaatig

Sugar maple is a tall deciduous tree with a distinctive “maple-leaf” shape. While mostly thought of as “the tree that produces maple syrup,” many parts of this plant have been used as a medicine by Indigenous peoples throughout Turtle Island. A tea made from the leaves and bark is an excellent fall tonic, ridding the body of excess fluids before harsh winters. A tea made from the bark of sugar maples is also excellent for coughs and congestion. Maple syrup is high in potassium and is a wonderful medicine for healing the pancreas and thus helping to treat diabetes – when used sparingly!

Maple seeds are delicious when toasted and can be used like sunflower seeds. Maple water is fantastic as an electrolyte-laden beverage – so much healthier than Gatorade. Maple water can be used to make lightly sweet tea when infused with your favorite herbs. Real maple syrup can be used in both sweet and savory dishes – including everything from BBQ sauces and soup to pies and cookies.





CHILIES

Latin: *Capsicum annuum*

Dakota: Phaya Yutapi

Ojibwe: Wiisagad

Chili peppers are a herbaceous annual plant containing capsaicin, a compound that causes the signature “hot” feeling. That compound is actually a powerful anti-inflammatory, antispasmodic, and antiseptic. Eating chilies is an excellent way to break up congestion in the lungs and sinuses. Chilies also help to lower blood pressure and stabilize blood sugar.

Everyone needs a little spice in their life! Try adding chili pepper and flaky salt to popcorn or as a topping on your fruit salad. Eating spicy kimchi daily is an excellent way to improve gut health and is a great way to alleviate inflammation-induced depression and anxiety.



PRICKLY ASH

Latin: *Zanthoxylem americanum*

Dakota: Čežhi t'at'a

Ojibwe: Gaawaakamak

Prickly ash is a deciduous aromatic shrub which is closely related to Szechuan peppercorns. An infusion of prickly ash is incredibly warming and is great for improving circulation. The fruits and leaves have the distinctive “buzzy numbness” that is caused by its close Szechuan cousin. The whole plant is useful in treating the inflammation that causes arthritis. An infusion of the fruits or leaves reduces fevers and stimulates digestion.

The fruits of prickly ash are an amazing native addition to stir fries, chili crisp, marinades, and sauces. They have a pleasant spicy flavor with that signature peppercorn numbness.



LAMBSQUARTER

Latin: *Chenopidium album*

Dakota: Wahpe Thotho

Ojibwe: Ozhaawashkobag

Lambsquarter, also known as goosefoot, is a herbaceous leafy green that is closely related to quinoa. An infusion of lambsquarter leaves is gentle and cooling for sunburns and is a great way to reduce the itch of insect bites. Eating the leaves packs an anti-inflammatory punch and is very healing to the gut. Lambsquarter are super high in antioxidants and thus help in cancer prevention.

Cream of Lambsquarter soup is an extremely delicious meal. Try adding lambsquarter to pasta salads, or make lambsquarter pitas by adding chopped leaves to our pita dough. Try them fresh in salads, or even tempura-fried.



MINT

Latin: *Mentha Arvensis*

Dakota: Čheyaka

Ojibwe: Gaaminomaagobag

Mint is a perennial, rhizomatous, herbaceous plant with a pleasant aroma. All kinds of mint are great lung support - clearing out congestion, opening airways, and reducing lung irritation. Mint tea is uplifting, and will brighten a day that is affected by Seasonal Affective Disorder. Mint oil or tea is useful in relieving even the worst migraines.

Add mint to spicy peanut noodles or fresh spring rolls. Mint, cilantro, blueberry, and wild rice salad is a staple on a hot summer day. Add mint, basil, olive oil, and salt to a blender to make a delicious sauce that's perfect for grilled meats.



AMARANTH



Latin: *Amaranthus cruentus*

Dakota: Wahp̄é Makh̄ă Ayúbdaya

Ojibwe: Nazhikewizibag

Amaranth is an annual herbaceous plant that is also known as “pigweed” in what’s now known as the United States. Some species of amaranth are grown for their leaves, but more commonly, it is grown for its seed. This plant is said to possess neuro-regenerative and neuroprotective properties.

The term pigweed is a racialized word that implies inedibility, but amaranth has been cultivated as a staple food crop for thousands of years. Try the greens stewed with smoked turkey, or use the puffed seeds to make your favorite dessert bars!





DISCLAIMER

This document is provided for educational and informational purposes only and does not constitute providing medical advice or professional services.

NOTE

The information contained herein is not all-encompassing or set in stone. Different nations, communities, and individuals have different relationships with the plants discussed here, and this information is from the perspective of the authors and their teachers and does not diminish the relevancy of other ways of knowing and understanding plants and plant knowledge.

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